



DEPARTMENT OF THE ARMY  
UNITED STATES ARMY GARRISON ANSBACH  
UNIT 28614  
APO AE 09177

AETV-WG-A

08 July 2004

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Family Member Use of Physical Fitness Centers, Policy Letter #12

1. Reference: AR 215-1 Non-appropriated Fund Instrumentality's and Morale, Welfare and Recreation Activities, 29 Sep 1995.
2. Purpose: To establish procedures and responsibilities in the use of 235<sup>th</sup> BSB's Physical Fitness Centers for Family Members.
3. Scope: This SOP applies to all personnel within the 235<sup>th</sup> BSB footprint
4. Policy:
  - a. Entrance into the Facilities: Children under the age of 13 will not be allowed entrance to the fitness center unless they are under direct and constant supervision of their parent or adult supervisor/guardian. Direct and constant supervision of a child is defined as engaging in any activity with the youth at all times. Unsupervised youths present a severe hazard to both themselves and the users of the fitness center.

b. Age Restriction:

Age Group	Free Weight Room	Nautilus Room	Life Circuit Room	Saunas	Cardio Room	Gym Floor	Climbing Wall (Illesheim)
15 to adult	YES	YES	YES	YES	YES	YES	YES
14	NO**	NO	NO	NO	YES	YES	NO
13	NO	NO	NO	NO	NO**	YES	NO
12 and under	NO	NO	NO	NO	NO	YES*	NO

\* Parent or Guardian supervision    \*\*Sponsor may request exception to policy

(1) Children under the age of 15 are not authorized entrance in the following rooms under any circumstances:

- (a) Free Weight room
- (b) Nautilus Room
- (c) Life Circuit room
- (d) Saunas
- (e) Climbing Wall (Located in Illesheim)

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(2) Youths ages 14 and not under the direct and constant supervision of an adult may only utilize the cardiovascular room. Sponsors with children aged 13, may request an exception to policy for use of the cardiovascular room. Children in strollers are allowed, as long as the child remains in the stroller. Serious injuries or death may occur to children from the moving parts of the cardiovascular equipment.

(3) Active duty military personnel or individuals 15 years and older are authorized to utilize the facility weight equipment. Sponsors of youths 14 years of age may request an exception to policy for use of the facility weight room. Children in strollers are not permitted in the free weight rooms due to possible falling weights. Children in strollers are permitted in the Nautilus or Life Circuit rooms, as long as the children remain secured in the strollers.

(4) Children 13 years of age are only authorized to utilize the gym floor (Katterbach and Illeshiem) and the fitness/aerobic/exercise room, located in Illesheim, without direct parental or adult supervision.

c. Parents/guardians are not allowed to participate in any type of separate fitness center activity while supervising children, as this will distract from their ability to provide constant supervision. When appropriate, youths may participate with parents in designated or sponsored activities approved by the BSB Sports Director of the BSB Commander.

d. Sponsors of unsupervised youths will be reported to the BSB commander and their unit commander. The sponsor may be restricted from further use of these facilities for a specified time.

e. Family members with chronic medical conditions should be examined by a medical officer prior to engaging in any new sports activities, particularly competitive ones.

f. Exceptions to policy can be made in writing, by submitting a memorandum to the BSB Sports & Fitness Director. Request forms are available and can be turned in at the Katterbach and Illesheim fitness centers.

5. The Directorate of Community Activities is the proponent for this policy. Point of contact for this policy is the Chief, Community Recreation Division at 467-2914.

JOHN G. REILLY  
LTC, SF  
Commanding

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